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tive change" in the integral cells of the body, that enables them to protect themselves against subsequent inroads of the same organism.

From the foregoing investigations and discoveries, we are justified in concluding that in some way, an antibody or an antidote is formed in the body, which prevents the growth and development of the same class of bacteria after the primary attack, or after the system has been fortified by vaccination or by inoculation. Let these bodies be "Alexines," "defensive proteids," "globulins," "nucleins," or what not. With these authenticated facts before us, the physician and the nurse have increased responsibilities—for where much is known, more is required.

In the prevention of disease, the responsibility rests primarily on the doctor, and secondarily on the nurse, who is to execute his orders. She must be scrupulous in her methods of sterilization, disinfection, and antisepsis, while the doctor must be energetic in the use of prophylaxis against infection, and quick to administer antidotes to the toxins of the infecting organisms, if he would be abreast of the times. This is an era of preventive medicine, and the specific treatment of disease. Our biological chemists are on the alert to meet the demands of the medical profession for potent and efficient remedies, and their achievements are manifested in the excellent products that come from their laboratories, in the way of vaccines, bacterins, and antitoxins. Let doctors and nurses join in the hope that in the near future, the etiological relations of the micro-organisms to disease will be thoroughly known, and their toxins so well understood that their attacks may be forestalled by appropriate vaccines, and their ravages checked by specific antitoxins.

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## ORGANIZATION, OR WHY BELONG? \*

BY M. E. P. DAVIS, R.N.

IN the summer of 1893, the World's Fair was held in Chicago to celebrate the four hundredth anniversary of the discovery of America. International congresses on art, literature, the professions, mechanics, and every achievement of man, manual or intellectual, were held in sections or subsections. One of these, Section No. 3, was the International Congress of Charities, Corrections, and Philanthropy, a subsection of which was devoted to Hospitals, Dispensaries, and Nursing. The chair-

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\* Read at the semi-annual meeting of the Massachusetts State Nurses' Association, Springfield, January 16, 1912.

man of this subsection, Dr. John S. Billings, appointed the late Mrs. Robb, then Isabel Hampton, in charge of the Johns Hopkins School for Nurses, as chairman of the subdivision on nursing, which he created from his subsection. This was the first public recognition of nursing as a separate and independent profession.

There were papers and discussions on sick nursing and health nursing, district nursing, obstetric nursing, training the sisters of the Red Cross, Red Cross first aid, and others too numerous to mention. The one of most importance to us to-day was the paper by Edith A. Draper, at that time superintendent of the Illinois Training School, connected with the Cook County Hospital, Chicago, on the "Necessity of an American Nurses' Association." I call your attention to the fact that this was nearly nineteen years ago, and we adopted that name for our national society only last summer. Her paper throughout was a plea for organization and registration, the only attempt at organization then being a few local alumnae societies. She said in part: "We have gathered from east and west to take part in the World's Exhibition, this union of nations in one vast representation. It would be fitting to commemorate the time by adding our mite to the history of the Exhibition by becoming a united organization,—a national association with a legal status, that nursing may become an organized profession." That there were many obstacles to its accomplishment was fully appreciated, but the only unsurmountable ones would come from the nurses themselves, from their lack of energetic purpose, enthusiasm, ambition, a well-developed spirit of philanthropy that would lift the profession to a height, that the eyes of the nation might look up and not down. "Nothing is more conducive to the ruination of a project than lukewarmness and a conservatism that does not look beyond individual benefits."

Following the reading of Miss Draper's paper, Miss Hampton, the chairman, suggested that we meet that evening at St. Luke's Hospital and take steps to form a Superintendents' Society. As nearly as I can remember, some half dozen or so responded, chose a chairman and secretary, appointed a committee\* to draft a constitution and by-laws, and adjourned to meet the following year in New York. I may say here that from this small beginning the society has grown to number 375 members.

The objects of the Superintendents' Society were to promote better

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\* The members of this committee were: Miss Hampton, Miss Darehe, Miss Lett (who have died), and Miss Davis, Miss Alston, Miss McKechnie, Miss Palmer, Miss Sutcliffe. See First Annual Report of the Superintendents' Society.—ED.

acquaintance between the members, to study methods of teaching, to discuss problems common to all, such as higher educational standards, both for admission into the schools and for instruction in the schools after admission, better housing conditions, better food, its preparation and serving, shorter hours, extending into the eight-hour system, the three years' course, the course at Teachers' College, a more uniform curriculum, a preliminary course, paid instructors in the schools, and incidentally a cultivation of the ethical side of the profession. These are some of the things that the superintendents have been instrumental in bringing about by their organization, and I must add that everything we have gained so far by organization has had its origin in the Superintendents' Society.

When that society was but two years old the annual convention was held in Boston, and at this meeting a committee of twelve was appointed to study ways and means for uniting into one body the *alumnæ* of the different schools to form a national and representative organization.

The following year when the Superintendents' Society met in Philadelphia this committee reported so many difficulties that it was deemed wise to retain the original committee and to add twelve to its number. A meeting was held at Manhattan Beach to formulate plans to present to the associations and the Associated *Alumnæ* held its organization meeting at Baltimore at the time of the fourth annual meeting of the Superintendents' Society. At the first annual meeting of the Associated *Alumnæ*, held in New York, in 1898, twenty-three *alumnæ* associations were members; now we have 142 *alumnæ* associations, 31 state, and 24 city and county associations, all in good standing. On account of the incorporation into the Associated *Alumnæ* of other interests, such as state, county and city, its name seemed no longer appropriate and was changed last year, in Boston, to the American Nurses' Association. The membership numbers anywhere from 17,000 to 20,000. The exact number cannot be given as many members belong to two or more of the societies affiliated.

At this same second annual convention of the superintendents in Boston the first whispers of a journal of our own were heard, which materialized in a few years into that with which we are all familiar, and of which we are so proud,—the *AMERICAN JOURNAL OF NURSING*,—not a nursing text-book, but the exponent of the progress and uplift of the profession. It is the property of the American Nurses' Association and should be subscribed for by every single member. It is unthinkable that anyone should have an equity in property and do absolutely nothing to make it more valuable. When I was in the *JOURNAL* office the outside subscriptions outnumbered those from the Associated *Alumnæ* by quite a

large margin. The public criticism has also been made that although the idea originated in Boston, Massachusetts has the smallest per capita subscription list of any state.

Now we come to the latest but by no means the least of our organizations, the state societies, organized primarily to give legal status and differentiation. The passage of the bill for state registration gave us legal status and a standard for legal qualification. Between the beginning and the end of all life and its possibilities lies the endless struggle of evolution and manifestation. The passage of the law was but the beginning. The great between lies all before us. Every step in advance brings greater responsibility, the evolution of larger aims, the vision of wider fields of usefulness and power. We are no longer a nonentity, the law recognizes us as a factor in its economy and protects us in our rights and privileges.

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## AMUSEMENT OF THE CONVALESCENT BABY \*

By LOUELLA PURCELL, R.N.

Graduate of St. Luke's Hospital, St. Louis, Mo.

HARRIET CAMP LOUNSBERY has written for the January JOURNAL an article on the amusement of the convalescent. Knowing that you have read or will read this article, I shall confine myself to the convalescent baby.

Experience has taught me that success in amusing the convalescent depends not so much on what you do as what you are. A bright and cheerful disposition will carry you through most any long tedious period with the grown-up. Few indeed are the nurses that can handle the sick baby, and fewer still are nurses who enjoy this kind of work. This is to be deplored and yet to be expected, as the average nurse has had little training in that line. Children's ailments are such that they can seldom be cared for in the general hospital. Therefore the nurse is at sea when called to care for a child, suffering from some disease with which she has not come in contact, and has only the few notes which she has jotted down from some six or eight lectures. These give absolutely *no* help in the management of her small patient.

This is one of the greatest problems that confronts the private duty nurse. "What shall I do if the patient is a child?" How many nurses ask themselves that question, when the call for duty comes?

Children dislike to remain in bed after daylight, their favorite hour

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\* Read at a meeting of the St. Luke's Alumnae Association, January 17, 1912.